EMPLOYING EVIDENCE-BASED PRACTICE

Laura Milena Ganci, Ph.D., LMFT
impact
“Evidence-based practice is the integration of best research evidence with clinical expertise and patient values”
5 Steps

1. Question
2. Best evidence for answer
3. Evaluate evidence
4. Integrate evidence with clinical expertise & client values
5. Evaluate effectiveness, strive for improvement
EBP VERSUS ESI/EST
Empirically Supported Treatment (EST) Criteria

- Randomized controlled trials (RTC)
- Replication
- Treatment manual
- Application with specific client populations and problems
- Decision making
- Monitoring
Evidence *Informed*

- Adapt general to fit individual
- Clinical judgement
- Feedback
Benefits

- Outcomes
- Staff retention
- Credibility
- Common language
Challenges

- Art versus science
- Lack of ecological validity with RCTs
- Lack of qualitative research
- Many therapies do not fit with EBP criteria/paradigm
Implementation Strategies

- Teaching model
- Direct implementation
- Evidence & stakeholder
- Training & organizational development
- Professional infrastructure
Stages of Implementation

- Exploration and adoption
- Program installation
- Initial implementation
- Full operation
- Innovation
- Sustainability
Factors affecting implementation

■ Individual
  - Staff attitudes
  - Training

■ Organizational
  - Communication
  - Collaboration
  - Fidelity

■ External
  - Advocacy
Barriers

- Attitude
- Training
- Logistics
- Evidence
Facilitators

- Policy
- Training
- Evidence
- Consumer demand
- Institutional support
Model fidelity

- How closely implemented intervention matches the original
  - Context
  - Compliance
  - Competence
  - Low fidelity = poorer clinical outcomes
Sustainability

- Train-the-trainer, peer consultants
- Supervision & coaching
- Consultants
- Infuse training with practice
- Organizational support
- Funding
- Clinical outcomes
- High fidelity
Registries

- National Registry of Evidence-Based Programs and Practices
  - http://www.samhsa.gov/nrepp
  - Decision support tool

- Model Programs Guide
  - http://www.ojjdp.gov/mpg/

- Washington State Institute for Public Policy
  - http://www.wsipp.wa.gov/Reports

- The Cochrane Library

- California Evidence-Based Clearinghouse for Child Welfare
  - http://www.cebc4cw.org/

- Campbell Collaboration
  - http://www.campbellcollaboration.org/lib/
References


